## What is claimed is:

- 1. An electrically conductive connector fitting for a rigid conduit comprising:
  - a connector body having a passage for receiving a conduit;
- a gland nut threadably coupled to the connector body, said gland nut including a passage extending therethrough and a shoulder extending into said passage;
- a continuous metal compression ring positioned within said gland nut passage, said compression ring including a stop and an end portion adjacent to said gland nut shoulder, said end portion being positionable within said shoulder when said gland nut is tightened.
- 2. A connector fitting as described in claim 1 wherein said compression ring is comprised of a central portion including an annular ridge and first and second end portions have substantially flat, rim-like configurations, said stop being comprised of said annular ridge.
- 3. A connector fitting as described in claim 2 where said compression ring is dimensioned such that, upon tightening of said gland nut, said first end portion of said compression ring is positioned within said gland nut shoulder and said second end portion is urged inside said connector body.
- 4. A connector fitting as described in claim 3 wherein said compression ring and gland nut are dimensioned such that said first end portion of said compression ring can extend at least partially outside said passage of said gland nut such that it becomes visible to a user upon tightening of said gland nut.

- 5. A connector fitting as described in claim 3 wherein said connector body includes an exterior shoulder, said shoulder being positioned to engage said gland nut and prevent further tightening thereof once said first end portion of said compression ring has moved at least partially beyond said gland nut shoulder.
- 6. A connector fitting as described in claim 4 wherein said connector body includes an exterior shoulder, said shoulder being positioned to engage said gland nut and prevent further tightening thereof once said first end portion of said compression ring has moved at least partially outside said passage of said gland nut such that it is visible to a user.
- 7. A connector fitting as described in claim 1 including at least one means for visually indicating that said gland nut has been properly torqued.
- 8. A connector fitting as described in claim 1 wherein said end portion of said compression ring extends at least partially beyond said gland nut shoulder and a second end portion thereof extends within said passage of said connector body when said gland nut is tightened on said connector body.
- 9. A connector fitting as described in claim 1 wherein said stop on said compression ring is engageable with an end of said connector body to limit movement of said compression ring in the direction of said connector body as said gland nut is tightened.
- 10. A connector fitting as described in claim 9 wherein said stop on said compression ring is engageable with said shoulder on said gland nut.
  - 11. A connector fitting for a rigid conduit comprising:

a connector body having a threaded exterior surface and a passage for receiving a rigid conduit;

a gland nut including a passage and threadably coupled to the threaded exterior surface of said connector body;

a continuous metal compression ring positioned within said gland nut passage, said compression ring including an annular stop and first and second coaxial end portions adjoining said stop; and

at least one means for visually indicating that said metal gland nut has been properly torqued.

- 12. A connector fitting as described in claim 11 wherein said indicating means includes one of said end portions of said compression ring that is extendable outside said gland nut passage.
- 13. A connector fitting as described in claim 11 wherein said indicating means includes an exterior stop on said connector body and an end surface of said gland nut, said end surface abutting said exterior stop when said gland nut has been properly torqued.
- 14. A connector fitting as described in claim 11 including means for providing a tactile indication that said gland nut has been properly torqued.
- 15. A connector fitting as described in claim 11 wherein said first and second end portions have substantially flat, rim-like configurations and said annular stop comprises an annular ridge between said end portions, said second end portion being movable into said connector body passage when the gland nut is tightened.
  - 16. A connector fitting for a rigid conduit comprising:

a connector body having a first passage for receiving a rigid conduit;
a gland nut threadably coupled to said connector body, said gland nut
including a second passage and a shoulder in said second passage;

a continuous metal compression ring positioned within said second passage, said compression ring including an annular stop and first and second coaxial end portions extending from said stop; and

means for providing a tactile indication that said gland nut has been properly torqued.

- 17. A connector fitting as described in claim 16 wherein said means for providing a tactile indication includes said annular stop on said compression ring, an end surface of said connector body, and said shoulder of said gland nut.
- 18. A connector fitting as described in claim 17 wherein said first and second end portions of said compression ring have substantially flat, rim-like configurations.
- 19. A connector fitting as described in claim 17 including at least one means for visually indicating that said gland nut has been properly torqued.
- 20. A connector fitting as described in claim 19 wherein said means for visually indicating includes an end portion of said compression ring configured to be extendable outside said threaded passage of said gland nut.
- 21. A method of securing an electrically conductive connector fitting to a rigid metal conduit, the connector fitting including a metal connector body, a metal gland nut threadably coupled to the connector body, and a continuous metal compression ring positioned within the gland nut, the compression ring including a

central portion including a stop and first and second coaxial end portions adjoining the stop, comprising;

mounting the connector fitting to the rigid metal conduit such that the conduit extends within the connector body and the gland nut; and

rotating the gland nut with respect to the connector body, thereby urging said second end portion of said compression ring between said conduit and said connector body and causing said first end portion thereof to be press fit between an inner surface of said gland nut and said conduit such that said fitting is substantially rain tight.

- 22. A method as described in claim 21 including rotating the gland nut until said first end portion of said compression ring extends far enough between said conduit and said inner surface of said gland nut to become visible.
- 23. A method as described in claim 21 wherein said connector body includes an external stop, including rotating said gland nut until it engages said external stop.
- 24. A method as described in claim 21 including rotating said gland nut until engagement of said stop with internal surfaces of said connector fitting is tactilely detected.